

## How can I protect my family and myself from the flu?

- **Get vaccinated.** Vaccine is the best protection available against the flu. This year's seasonal flu vaccine will include protection against seasonal strains of the flu *and* the H1N1 (Swine) Flu virus.
- **Cover your mouth and nose** with a tissue or your sleeve when you cough or sneeze.
- **Wash your hands often** with soap and water, especially after you cough or sneeze. Alcohol-based hand cleaners also work well.
- **Avoid close contact** with sick people.
- **Avoid touching** your eyes, nose, and mouth.
- If you are sick with a flu-like illness, **stay home** for at least 24 hours after your fever is gone.
- **Follow public health advice** such as "keeping your distance" from other people to lessen the spread of the flu.
- Develop a **family emergency plan**. See [pandemicflu.gov/plan/index.html](http://pandemicflu.gov/plan/index.html)



For Additional Information:  
[www.flu.maryland.gov](http://www.flu.maryland.gov)



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Governor



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# STOP the Flu



- ✓ **Prevention**
- ✓ **Protection**
- ✓ **Vaccination**

Maryland Department  
of Health and Mental Hygiene  
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## What is the Flu?

Flu refers to illnesses caused by a number of different influenza viruses. Flu can cause a range of symptoms and effects, from mild to lethal. Most healthy people recover from the flu without problems, but certain people are at high risk for serious complications.

## What are the symptoms?

- Fever
- Cough
- Sore throat
- Runny or stuffy nose
- Diarrhea
- Vomiting
- Dry cough
- Tiredness and weakness
- Chills
- Body or muscle aches

### Emergency Warning Signs that require urgent medical attention

#### *In children:*

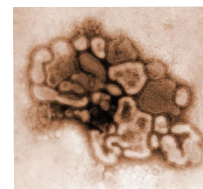
- High or prolonged fever
- Fast or troubled breathing
- Bluish or grey skin color
- Unable to drink enough fluids (dehydration)
- Severe or persistent vomiting
- Changes in mental status such as difficulty waking up, not interacting, or seizures
- Improvement and then return of fever and worse cough
- Worsening of underlying chronic medical condition

#### *In adults:*

- High or prolonged fever
- Fast or troubled breathing
- Pain or pressure in the chest or abdomen
- Sudden dizziness
- Confusion
- Severe or persistent vomiting
- Improvement and then return of fever and worse cough

## How does it spread?

Flu spreads mainly through the coughing and sneezing of people with the flu. Sometimes healthy people may be infected by touching something with flu viruses on it, and then touching their mouth, nose, or eyes.



People infected with the flu may be able to infect others, from one day before getting sick to five to seven days after. The infectious time can be longer in some people, especially children and people with weakened immune systems.